The coaches at USA Shooting have developed a new counterbalanced pistol stand that includes some useful improvements over the original T stand design. Please note that the original T stand is still legal and can still be used in competition. The new design, the L-stand, is more compact and has eliminated the problem of moving counterweights distracting the shooter. It also has a feature to keep the pistol hook from turning out of position. Please read through the entire instructions before starting to make the changes to the T stand.
By placing the counterweights inside the stand, all sway is eliminated and the stand is more compact. One of the horizontal arms is removed and the T fitting is replaced with a 90 degree elbow.
Start by marking the centerline of a short radius 90 degree, 1 1/2” elbow. When the pulley is installed you want the string to hang down the center of the tube. Then mark the top of the elbow where the pulley will stick out the top and where the axle bolt will pass through the sides.
Using a rotary cutting tool, remove the area to be occupied by the pulley. Drill a hole on each side of the elbow for the pulley axle bolt.
It is not a problem if the holes do not line up perfectly. Simply enlarge them until the pulley sits in the opening squarely and then with a hot glue gun anchor the bolt in place.
Next, cut off one end of the cross arm at a 45 degree angle. Mark, notch and drill holes to mount the pulley as before. In addition, cut a 3/8 of an inch slot for the string to run through and a notch on the other end to allow the finished arm to slide into the elbow.
Bend a fender washer to a 45 degree angle, run the string through the hole and attach to the support hook. Doing this will keep the support hook from twisting out of position when the gun is removed.
With the gun hook and cross arm parallel - hot glue the string, fender washer and hook in the correct position.
Insert the cross arm into the elbow, making sure the notch is large enough so the arm does not interfere with the pulley in the elbow. If they fit tight, no glue is needed.

On a 1/4 by 4 inch eye bolt, place the counterweight washers followed by a fender washer and nut.
Attach the eyebolt to the string and run the string through the stand. Tie this to the support hook at a length that keeps the counterweights inside the vertical support tube during use. If the weight hangs too low, it will snag on the bottom of the tube as the hook is lowered.